

September 2004



Employee health is our primary concern

Medical Treatment Services
Examinations for Work-Related Concerns
General Health Examinations
Employee Assistance Program
Return to Work Program
Outreach Activities
Environment, Safety, & Health Services
Health Promotion & Education



Accredited by
Accreditation Association
for Ambulatory Health Care, Inc.

LAWRENCE LIVERMORE NATIONAL LABORATORY

For additional information, call (925) 423-8703

Health Services Department

LLNL's on-site health resource

At the Health Services Department, our primary concern is the health of each employee.

We offer urgent drop-in services, personal counseling, assistance with returning to work following disability, and library resources to help employees achieve their personal health and exercise objectives.

"We are dedicated to both protecting and improving employee health. We are the Laboratory's resource for health and fitness."

—Jim Seward, M.D.
Director, Health Services

Employees can get immunizations and allergy injections, or receive physical therapy at our facility for work-related injuries.

We are the Laboratory's on-site health resource for a wide variety of services.



Medical Treatment

We offer medical care for work-related and many personal medical problems. Our clinicians can help employees meet their needs here on-site, saving them time and money.

- Urgent care for non-occupational health concerns (e.g., minor illness or injury)
- Medical treatment and physical therapy services for occupational injury or illness
- Foreign travel clinical services for business travel
- Allergy injections
- Emergency care, stabilization, and transfer to local emergency room, if necessary
- Decontamination and treatment for chemical or radiological exposures

Appointments vs. Drop-Ins

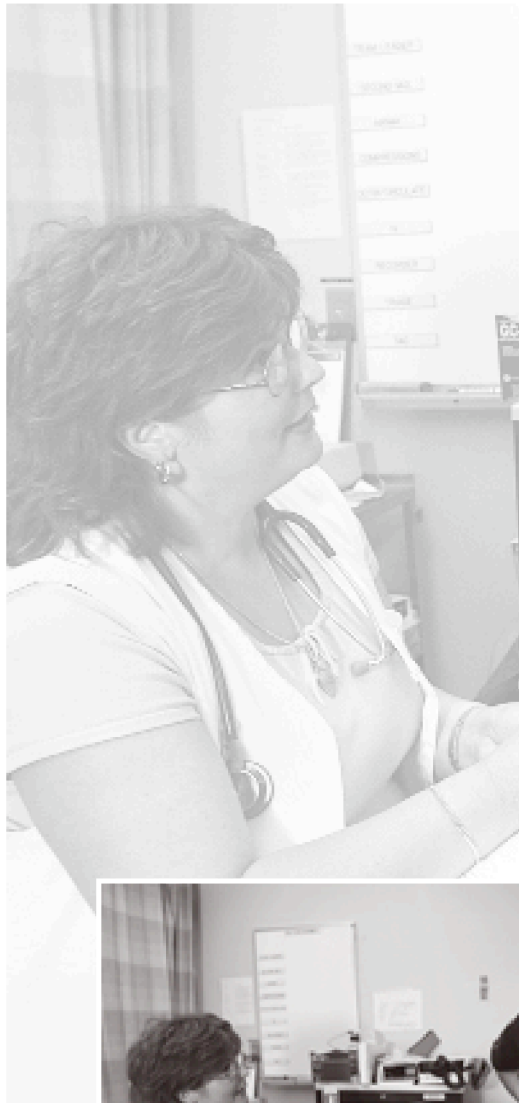
We strive to balance the convenience of drop-in visits with the efficiency of appointments, resulting in reduced waiting times. If employees wish to be seen at Health Services and they don't already have appointments, they can just call ahead. We will work with employees to set up an appropriate time—same day, next day, or within a week—based on their health concern, medical urgency, and schedules. As always, acute injuries and illnesses will be seen first.



Examinations for Work-Related Concerns

*H*health Services provides examinations and counseling to protect and monitor employees' health on the job.

- Medical surveillance examinations for those working with physical, chemical, or biological hazards
- Medical certification examinations for the Department of Transportation, Human Reliability Program, and for respirator use
- Examinations for preplacement, fitness for duty, return to work, and termination
- Skin testing (if available) and counseling regarding San Joaquin Valley Fever when assigned to Site 300
- Pregnancy testing, interviews, and counseling



General Health Examinations

*F*rom specific exams and screening to complete physicals, we provide a comprehensive array of examination services for general health concerns.

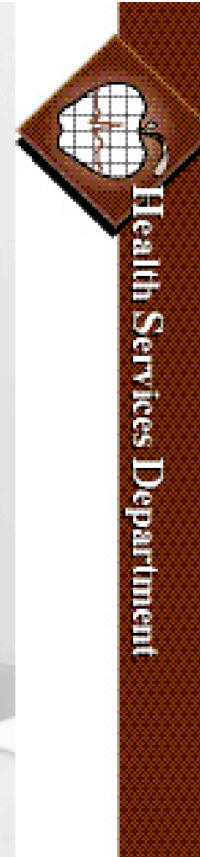
- DMV vanpool driver exams at no cost
- Complete physical exams available for a fee
- General clinical exam services such as body-fat measurement and blood pressure checks
- Melanoma screening
- Prostate and testicular cancer screening
- Clinical breast exam
- Preventive health evaluations such as personal health profiles and reviews, physiological measurements, and follow-up lifestyle counseling and other services to optimize personal health and well-being



Employee Assistance Program

The Laboratory provides professional counseling for personal issues affecting employees' work or personal life. Employees can talk privately with trained counselors in the Employee Assistance Program and be assured that their problems will be treated sensitively.

- Personal counseling for employees and family members
- Evaluation, information, and referral to outside resources
- Consultation to managers and supervisors in resolving personnel issues affecting the workplace
- Return to work and fitness-for-duty assessments
- Evaluation and assistance in managing stress and critical incidents
- Evaluation of threats of workplace violence
- Substance abuse recovery assistance
- Presentations and workshops



Return to Work Program

The Return to Work Program assists employees and supervisors in managing both occupational and non-occupational injury and illness and the disability that can sometimes result.

- A disability management team, composed of representatives from Health Services, Human Resources, and Hazards Control, coordinates medical, vocational, payroll, Workers' Compensation, and benefits services for employees and their directorates
- The Return to Work manager, a central point of contact in each directorate, oversees efforts to accommodate employees with medical restrictions
- Clinicians, a nurse case manager, and a vocational rehabilitation counselor support employees and their physicians in managing medical and disability issues and help facilitate efforts with supervisors and Return to Work managers

For more information, visit our Web site at:
<http://www.llnl.gov/healthserv/rtw>



Outreach Activities

*H*Health Services offers a variety of services and activities at the work site to prevent injury and illness and promote a health-conscious culture. Programs in the workplace can be focused and developed to meet an organization's needs.

Health Promotion and Disease Prevention Programs

- Cardiovascular disease prevention program
- Cancer awareness and other promotion programs
- Seasonal flu clinics
- Oversight of automated external defibrillator (AED) requests by directorates, in collaboration with LLNL fire department

Ergonomic Activities in Collaboration with Hazards Control

- 2-ERGO ergonomic helpline
- Ergonomic injury prevention field team
- Guidance in acquisition of ergonomic equipment and furniture
- Training classes, resources, and Web sites
- Individual office and work-site evaluations
- Work group ergonomic evaluations
- Interventions at the work site for employees in discomfort
- Ergonomic support for employees with significant medical issues

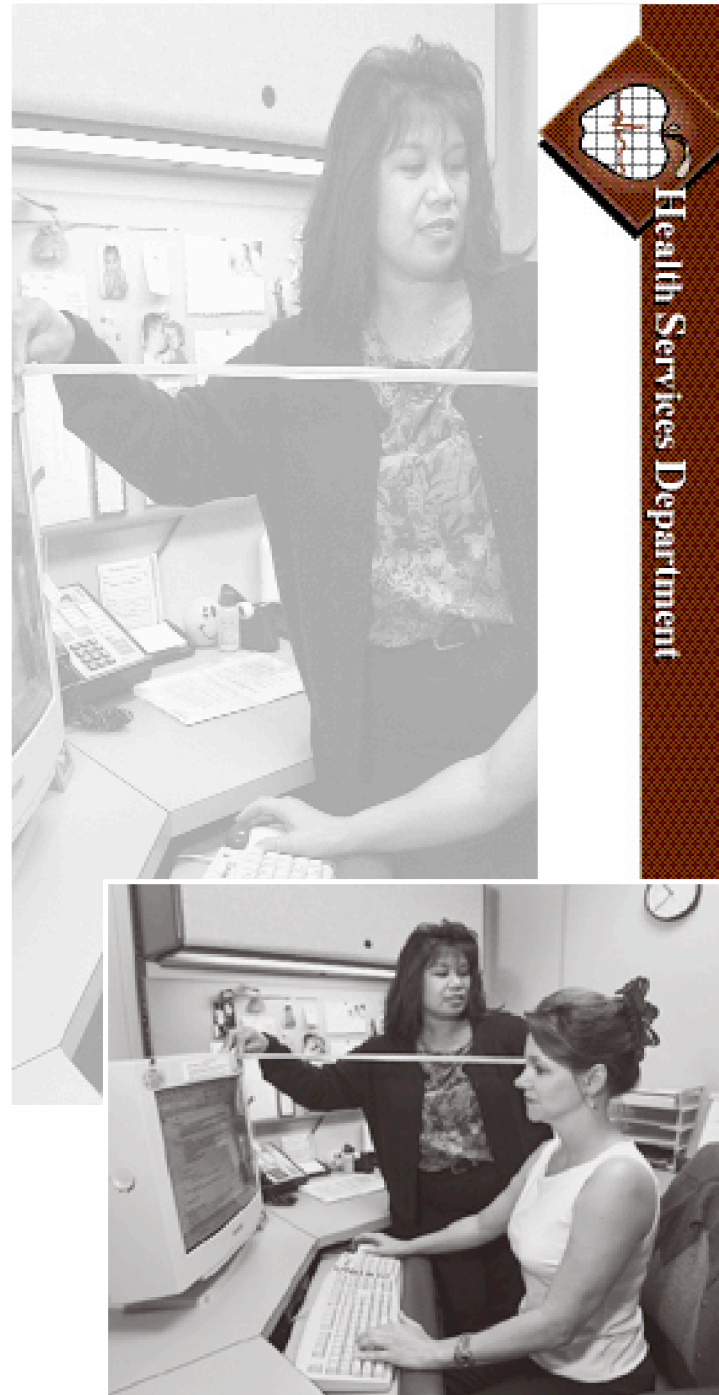
For more information, visit our Web site: <http://www.llnl.gov/ergo/>



Environment, Safety, & Health Services

As part of Lawrence Livermore's integrated safety management efforts, we provide support to the Environment, Safety, and Health (ES&H) Program to help ensure that the Laboratory conducts operations in a safe and environmentally sound manner to protect human health, the environment, and the public.

- Work-site safety inspections and consultations conducted by ES&H team clinicians
- Medical screening programs for hazardous exposure
- Educational programs designed to address health concerns in the workplace
- Disaster preparedness planning



Health Promotion & Education

*H*Health Services offers a variety of services to help employees get fit and stay healthy, including:

- Evaluations, consultations, classes, and workshops on:
 - Stress management
 - Exercise, nutrition, and weight control
 - Injury and illness prevention and care
 - Men's and women's health
- A schedule of programs and on-line articles on topics such as diet, fitness, lifestyle, and health (available on the Health Services internal Web site)
- A reference collection, with a wide variety of health-related books, journals, and videos (in the lobby)
- Other health resources, such as medical information and services, access to medical libraries, medical organization home pages, and LLNL health plan provider pages (available on the Health Services internal Web site)

